

# Menus for April 2011

KID'S CAFÉ



*This institution is an equal opportunity provider and employer.*

Friday, April 1

Pizza or  
SB & Jelly  
Sandwich,  
Peas and  
Seasoned Pasta  
**GRAB & GO SALAD**  
**Turkey & Cheese**

Questions?  
Comments?



Please call  
Greg Hummel  
at 531-2233

Monday, April 4

Popcorn Chicken or  
SB & Jelly  
Sandwich,  
Rice and Carrots  
**GRAB & GO SALAD**  
**Chef Salad**

Tuesday, April 5

Sloppy Joe on Roll or  
SB & Jelly Sandwich,  
Autumn Blend  
Vegetables,  
Baked Cheetos and  
Turkey Noodle Soup  
**GRAB & GO SALAD**  
**Chef Salad**

Wednesday, April 6

Turkey & Gravy w/  
Biscuit or  
SB & Jelly  
Sandwich,  
Corn and  
Mashed Potatoes  
**GRAB & GO SALAD**  
**Chef Salad**

Thursday, April 7

Pasta & Meat Sauce  
w/Bread Stick or  
SB & Jelly Sandwich  
w/Snack Mix and  
Green Beans  
**GRAB & GO SALAD**  
**Chef Salad**

Where do all of our  
crazy names for  
food come  
from?



This month:  
"Spaghetti"



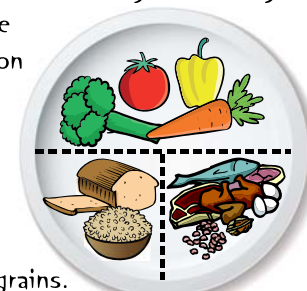
In Italian, the word "spago" means string or twine, and "spaghetto" means a very thin string. "Spaghetti" is the plural of "spaghetto." Traditionally, spaghetti was 20" long (try wrapping that around your fork!), but in America, 10" is a more typical length. Today, lots of pastas are being made with whole grains. Give these healthier "little strings" a try!

Friday, April 8

Max Cheese Sticks  
w/ Sauce or  
SB & Jelly Sandwich  
w/Snack Mix,  
Seasoned Pasta  
and  
Peas  
**GRAB & GO SALAD**  
**Chef Salad**

## DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, April 11

Hot Dog on Roll or  
SB & Jelly  
Sandwich,  
Mixed Vegetables  
and  
Potato Starz  
**GRAB & GO SALAD**  
**Popcorn Chicken**

Tuesday, April 12

Taco Scoops or  
SB & Jelly  
Sandwich,  
Corn and  
Steamed Rice  
**GRAB & GO SALAD**  
**Popcorn Chicken**

Wednesday, April 13

Chicken Nuggets  
w/Dinner Roll or  
SB & Jelly  
Sandwich,  
Sliced Carrots and  
Mashed Potatoes  
**GRAB & GO SALAD**  
**Popcorn Chicken**

Thursday, April 14

Baked French Toast  
Sticks or  
SB & Jelly  
Sandwich,  
Hash Brown Potato,  
and  
Sausage Patties  
**GRAB & GO SALAD**  
**Popcorn Chicken**

Friday, April 15

Cheese Lasagna &  
Meatballs,  
Romano Beans &  
Bread Stick, or  
SB & Jelly Sandwich  
Kid's Snack Mix and  
Romano Beans  
**GRAB & GO SALAD**  
**Popcorn Chicken**



EXPLORING THE SECRETS OF "MY PYRAMID"

**Q:** How can I possibly eat **FIVE SERVINGS** of vegetables every day?!

**A:** It's true - the Food Guide Pyramid DOES recommend that kids ages 6-11 eat at least 5 servings of veggies every day. That seems like a lot! But a serving of most veggies is just a half cup (a serving of leafy greens is a cup). That's really not very much at all. Don't believe us? Just take a look at the measuring cups in your kitchen drawer! Here are some examples of what counts as a serving of vegetables:

6 or 7 baby carrots

Half of a large ear of corn



Half a dozen red pepper strips

2 leaves of romaine lettuce in a salad or on a burger or sandwich



A handful of broccoli florets

See? It's easy! A few grape tomatoes and carrots, a little salsa, a BLT sandwich, half a baked potato and some green beans with dinner, and you're there already!

**LEARN MORE AT [WWW.MYPYRAMID.GOV](http://WWW.MYPYRAMID.GOV) OR [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/)**

Monday, April 18

**Fire & Ice Menu**  
Plain or Spicy  
Breaded Chicken  
Breast Sandwich or  
SB & Jelly  
Sandwich, Peas,  
Steamed Rice and  
Italian Ice  
**GRAB & GO SALAD**  
*Ham & Cheese*

Tuesday, April 19

**Pork Rib Dippers**  
w/Roll or  
SB & Jelly  
Sandwich,  
Corn and  
Quick Baked Potato  
**GRAB & GO SALAD**  
*Ham & Cheese*

Wednesday, April 20

**Chicken Tenders w/**  
Roll or SB & Jelly  
Sandwich,  
Sliced Carrots and  
Mashed Potatoes  
**GRAB & GO SALAD**  
*Ham & Cheese*

Thursday, April 21

**Ham & Cheese on**  
Pretzel Roll or SB &  
Jelly Sandwich,  
Broccoli, Sun Chips  
and  
Turkey Noodle Soup  
**GRAB & GO SALAD**  
*Ham & Cheese*

Friday, April 22

Easter Holiday



No School Today

Monday, April 25

**Bosco Cheese Sticks**  
or  
SB & Jelly  
Sandwich,  
California Blend  
Vegetables and  
Seasoned Pasta  
**GRAB & GO SALAD**  
*Chicken Ranch*

Tuesday, April 26

**Cheeseburger on**  
Roll or  
SB & Jelly  
Sandwich,  
Peas and  
Potato Wedges  
**GRAB & GO SALAD**  
*Chicken Ranch*

Wednesday, April 27

**Boneless Oven**  
Fried Chicken w/  
Roll or SB & Jelly  
Sandwich,  
Corn and  
Mashed Potatoes  
**GRAB & GO SALAD**  
*Chicken Ranch*



EARTH DAY 🌍 APRIL 22

Thursday, April 28

**Turkey Croissant**  
Sandwich or  
SB & Jelly  
Sandwich,  
Baby Carrots,  
Potato Tots and  
Italian Ice  
**GRAB & GO SALAD**  
*Chicken Ranch*

Friday, April 29

**Pizza or**  
SB & Jelly  
Sandwich,  
Green Beans and  
Seasoned Pasta  
**GRAB & GO SALAD**  
*Chicken Ranch Salad*

THE CHARACTER OF MARIO ALREADY EXISTED IN 1983, WHEN NINTENDO DECIDED TO ADD A SECOND PLAYER FOR THE BRAND-NEW "MARIO BROS." GAME. **BUT WHAT TO CALL THE BRO?** THE DECISION WAS MADE EASY FOR THE GAME DESIGNERS WHEN THEY WALKED OUTSIDE THEIR AMERICAN HEADQUARTERS IN REDMOND, WASHINGTON AND SAW A PIZZA PARLOR DOWN THE STREET CALLED **"MARIO & LUIGI'S"!**

**STRANGE**  
**BUT TRUE!**

